

Proper Nutrition Leads to a Better Lifestyle

Upon arriving at 'the Island' on which the hopes of six settlements rest, one of the first questions that came to the minds of the Famous Five was "what do we feed the settlers and how?"

Research had indicated that certain foods would lead to higher productivity in the settlers, however they found themselves limited to what fauna, flora and animals they could find on the island until it is decided whether or not they can import McDonalds.



Not surprising on the top of the list of healthy foods was water. It has been proven that water is both healthy for our bodies and gives us plenty of energy to get through the day. This discovery played a large part on where the Famous Five have placed six settlements around the island with all of them being placed near or next to the mouth of a river, and where possible, a lake as well. This ensures that when settlers arrive, they will be guaranteed a continuous water supply.

Papayas, bananas and yams were on the list of foods discovered on location and some in depth research into these fruits showed that, while fruits are indeed healthy for us, not all are as healthy as we first thought. For instance, yams are in fact good to eat, but not as good for you as papayas which have a high amount of Vitamin C, Folate and Potassium, as well as other important vitamins that are needed in everyday life.



Fish were also found around the island and most species have been found to be very healthy, although only in small doses-eating them no more than once or twice a week. Fish contain a great source of vitamins, minerals and proteins essential to everyday living, and it has all of these bonuses minus the fat that is found in most other meats.

Professor Dulcie Matheson commented on her love of fish saying, "eating fish with a bit of lemon zest, terrogon and garlic butter after being fried up in the pan. Beautiful."

Obviously the food on the island would appeal to most settlers and is quite high in all of the proteins and vitamins that are needed to energise during the day, as well as stay healthy and from the mouth of Elanor Grubb "yummy."

What comes next is the decision of whether or not the settlers will be surviving on the sources of the island itself, or whether we will be importing goods from other countries.

Only time will tell.

Kelly Graphie
Journalist Extraordinaire



